



# 15th STREET FITNESS

FITNESS FOR LIFE

Presents

## 28 Day Weight Loss Jumpstart

Jumpstart your Weight Loss and Wellness Program at 15th Street Fitness. Educate yourself on the roles food and science play in your overall wellness and weight loss goals. Learn how to incorporate healthy eating habits, detoxification practices and nutritional supplementation into your daily life.

### You will be supported with our proven group success!

#### Program Meeting Dates

Feb. 11, 18, 25, & Mar. 4th  
Thursdays 5:30pm – 7:00pm  
Sign up for our FREE Q&A  
Thursday February 4<sup>th</sup>  
At 7pm!

Early Registration  
Fee is \$75.00\*  
(\$100.00 for a couple)  
Space is limited /  
This will sell out!

Body Fat Loss  
Increased Energy  
Improved Mental Focus

#### What people are saying:

"Tremendous increase in energy and focus. Complete loss of cravings & anxiety. Lost 24 lbs, 5% body fat, 2-3 inches in waist! Easy to follow, even on big travel schedule. Will do it again."

Jim A.

#### Meeting Location: 15th Street Fitness

Location is 15th Street Fitness  
109 15th St. West Sacramento, Ca 95691  
phone:916-374-9100 and www.15thstreetfitness.com

Mail registration form with payment to 15th Street Fitness 109 15th St. West Sacramento, Ca 95691  
Email or fax registration form to manager@15thstreetfitness.com / fax: 916-374-9111

**Enroll Today!**

Name: \_\_\_\_\_ Are you a member? Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, what is your Member #? \_\_\_\_\_ Form of payment: \_\_\_\_\_

Address: \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Chk# \_\_\_\_\_

Email: \_\_\_\_\_ CC#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp: \_\_\_\_\_

Phone: \_\_\_\_\_ Amt Paid: \$ \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

We will send you a confirmation email of registration within 24 hours of receiving payment. Please bring confirmation with you to the first class.